

DINNERLY

Chermoula Chicken with Green Bean Tabbouleh



20-30 minutes



2 Servings

WHAT WE SEND

- 5g chermoula spice blend ¹⁷
- 125g burghul ¹
- 1 lemon
- free-range chicken tenderloins
- 20g sunflower seeds
- 150g green beans

WHAT YOU NEED

- boiling water
- garlic clove
- olive oil
- tomato paste

TOOLS

- fine grater
- medium frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 570kcal, Fat 20.2g, Carbs 40.3g, Proteins 44.3g



1. Soak burghul

Put the **burghul** in a heatproof bowl, add **200ml boiling water**, cover with a plate or plastic wrap and stand for 5-8 mins until the water has absorbed.



2. Prep ingredients

Meanwhile, finely grate the zest of **half the lemon**, then juice the half. Cut the **remaining half** into wedges. Crush or finely chop **1 garlic clove**. Trim the **beans**, then cut into 3cm lengths. Put the **sunflower seeds** in a cold medium frypan over medium heat and cook, stirring, for 2-3 mins until toasted. Remove from the pan, reserving the pan.



3. Pan-fry chicken

Put **half the garlic**, **2 tsp chermoula** (see Kitchen tip), **1 tsp olive oil** and **2 tsp tomato paste** in a large bowl. Add **chicken**, season with **salt and pepper** and stir to coat. Heat **1 tsp olive oil** in the reserved pan over medium-high heat. Cook the chicken for 2-3 mins each side until golden and cooked through. Remove from pan and rest for 3 mins.



4. Cook beans

Bring a small saucepan of salted water to the boil. Add the **beans** and cook for 3 mins or until tender. Drain.



5. Serve up

Put the **lemon zest**, **juice**, **remaining garlic** and **1 tbs olive oil** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **beans** and **burghul** and toss to combine. Divide the **green bean tabbouleh** and **chicken** among bowls, scatter with the **sunflower seeds** and enjoy. Serve with the **lemon wedges** for squeezing over.



6. Kitchen tip

We've suggested this amount of chermoula for flavour, but if you prefer less heat, reduce the amount to taste.